THE PRACTICAL HOUSEKEEPER'S OWN PAGE

The Health-Giving Prune

tive booths for food demonstrations at sweeten to taste, then freeze same as Jamestown, one is confronted by the ice cream. When frozen serve on a ? traditional prune. Possibly the searcher for novelty feels the inclination to pint water, raso two lemons on sugar, move along until the eye is caught by juice of five lemons and one orange, the generous bowl of the cooked fruit add together and strain through hair of immense size. The demonstrator sieve; when cold freeze as ice cream. graciously asks one to sample, and

Juley-this simmering process insures rich juice.

cent, sugar, and by proper cooking is

boiling prunes quantities of sugar.

Large-because thoroughly soaked- quick oven. twenty hours was the rule set forth. This scientific cooking makes of prunes a delicious, palatable and health-giving article of food.

The following receipts are among those submitted by experts in a "Prune Contest" for prizes at an exhibit held in San Jose:

SPICED PRUNES.

Wash and soak over night a pint of prunes in water enough to cover well. Stew until the skins the soft, then pour off the water and add a cupful of good cider vinegar, two cups of sugar, cloves six tablespoonfuls granulated sugar, and cinnamon to suit the taste.

PRUNE WATER ICE. half pounds of prunes in a stew pan, dish and bake thirty minutes in a slow see see a walnut, with a may be made from one-fourth of a adding a little water, cover pan and set oven. Serve with cream, plain or PEACH SHORTCAKE.—Sift three ing water to make the liquid measure dessert-spoonful of powdered sugar to pound of coffee, ground fine, and put in on back of range, simmering slowly whipped.

A Corn Popping

leaves were lettered the invitations, on

the covers of which were painted

through the air. The day before the

entertainment they removed the hang-

ings, br'c-a-brac, etc., from the club

were screwed in the stock ends of the

ears of corn to facilitate the stringing.

Corn stalks, baskets, and ears of corn

were arranged in panels on the walls,

and an especially elaborate one put

over the mantel. The members found

sils. Aprons and sleeves were put on

hired for the evening cleared up and

got the supper, the club played a game

the missing word; all the missing

words began with corn. The prizes

dlesticks tied with the club colors, and

cornshuck dolls. Supper was served at

small tables and consisted of chicken

the coffee, which is not the case when

ed in glasses with a generous spoonful

of whipped cream. The cream was

sweetened, flavored with lemon and

chopped crystallized ginger stirred

through it. The recipe for the little

cakes is as follows: one-half a cup of

butter, one cup of powdered sugar,

two cups of flour, one-half a cup of

milk. Cream the butter, then add

slowly the sugar, creaming them well

together. Add the milk and the flour

alternately, beating until light. Divide

the batter in half, flavor one-half with

layer of batter on the bottom of an

inverted pan with a pallette knife.

SPINACH.

other layer of batter.

tamales, cafe frappe and cakes.

begged me to buy a bunch of -

and the fun began. The corn was for days by wetting them and then

it was the Kaiser's birthday, headed and steam. Let it dry on the roll and

Pausing at one of the many attrac- until tender; rub through colander,

one's surprise is great to know how soft enough to pit, then fill each prune Soak California prunes in water until a prune tastes when properly cooked. | with a quarter of teaspoonful of pow-Tender-the prune must not be boiled dered sugar, some nicely chopped wal--for that toughens the skin-only sim- nuts and half a date. Shape the mered, and that for three or four prunes nicely and sprinkle with granulated sugar. These are richer if left a week before eating them.

SANTA CLARA PRUNE CAKE. Two cups of sugar creamed with one-Sweet-but attend the demonstrator's half cup of butter, three eggs (whites % words-"No sugar is added to the cook- beaten separately) two-thirds cup of ing prune. The fruit is eighteen per sweet milk, one heaving teaspoonfu' of baking owder, one tablespoonful of powdered mace, one cupful of chopped made as sweet as anyone can possibly walnuts, one cupful of chopped prunes that have been steamed. Line a cake How surprised the group of samplers pan with buttered paper, fill in a layer look at this announcement, and the the chopped prunes and over this put vision comes to the amateur house- a layer of the nuts, then another layer % keeper of her cook (?) adding to the of cake, and so on until the pan is twothirds full. Bake in a steady but not y

> PRUNE BROWN BREAD. One cup cornmeal, two cups graham 3 flour, one-half cup of molasses, one cup sour milk, one teaspoonful soda, one teaspoonful salt, one cup dried prunes, * washed, pitted and chopped fine. Scald

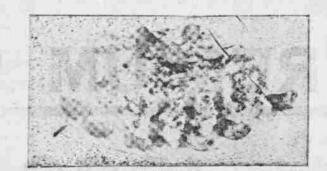
the cornmeal and then add the other

ingredients. Put in greased tins and

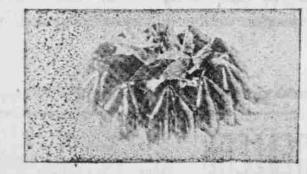
steam three hours. PRUNE SOUFFLE.

Prunes stewed, either chopped or pressed through colander, one cup; whites of six eggs beaten to a foam. beat sugar and egg together, add prunes and beat the mixture quickly % Prune preparation. Put one and a and thoroughly. Put into a buttered

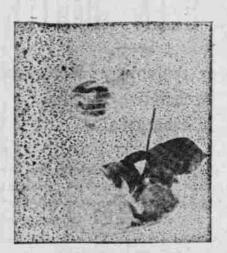
Illustrated Dishes



Peach Shortcake.



Mint Jelly.



Salpicon of Fruit.

hot dish surrounded by toast. HOUSEHOLD NOTES.

snowy white pops merrily hopping. To successfully bake a piecrust with- serve with thick cream. out its filling, line it with paraffin paper and fill with uncooked rice.

rooms and decorated them with corn. Long stalks were grouped in the corburned or discolored may be cleaned ners and a fringe of corn of different by rubbing with coarse salt and vinecolors was strung across the window frames and doorways. Small rings

> A teaspoonful of lemon juice to a quart of water will make rice very white and keep the grains separate when boiled.

If eggs are to be boiled hard have baskets of ears of pop corn and cornpoppers awaiting them by the open the water bolling when the eggs are fireplace. They were much mystified dropped in. This will prevent the yolks by the tables covered with oilcloth and from turning dark. the array of dishes and kitchen uten-

shelled, and each member took turns rolling them up in paper, screwing the in popping and then sugaring or salt- ends to keep out the air. ing and buttering the corn. The more More coal is burned than necessary ambitious of the confectioners colored their pops pink and made them into by not closing the dampers when the

balls. Then all helped to make mo- fire is not being used. In the same lasses pop corn bars. While the woman | way gas is wasted or any kind of fuel. If the stiffness is out of your veil of Missing Words. The old German and it is still good, wrap it around a

pasteboard roll, stretching full width,

the list of sentences. Cornflowers was it will be good as new. Cream twenty-four hours old and were corn cob pipes and corn cob can-

very cold always whips best.

Cutting onions, turnips and carrots across the fiber makes them more tender when cooked.

The cafe frappe was very much enjoyed. It was made by a very simple Weak ammonia water will clean hair recipe, one quart of strong dripped brushes very rapidly and will keep the coffee to a cup of sugar. The frappe bristles white and stiff. had all the fragrance and strength of

it is made with boiled or not freshly blouse with powdered ammonia, roll it prepared coffee. When the coffee was up tightly and leave it for a day or cool and the sugar thoroughly dissolv- two. Then shake out the blouse, which ed it was frozen. The frappe was serv- will look like new.

To clean brass pans, rub them with powdered bath brick moistened with' vinegar. Afterward wash them and, when dry, polish with a little whiting on a leather or soft cloth.

The stock pot is the mainspring of a well-managed kitchen. In it should be collected bones, poultry, trimmings and vegetables, for any scrap is welcome. A piece of shin beef may sometimes be added for extra strength. There will lemon, and stir one-fourth of a cup of be no lack of soup, gravy and sauces melted sweet chocolate and a pinch of if this is kept constantly going; it is cinnamon in the other. Spread a thin the foundation for them all.

FRENCH STEW.

Sprinkle with finely chopped almonds and bake in a moderate oven till done, but not brown. Cut in pieces two tablespoons butter, one onion chopped This little Mr. Little is a funny sort, inches wide and three long. Let the pans cool before spreading with an- fine, bay leaf, 12 cloves, eight whole allspice, cayenne, two medium sized And yet the host of friends he has! In of loaf sugar and six lemons, a scant diced carrots, salt and pepper to taste. Melt the butter in the soup kettle, add Like all greens, spinach should be the onion and cook for five minutes thoroughly looked over, washed, then without browning. Then add the meat blanched. Cut off the stalks and after cut in small pieces and remaining inlooking over the leaves put into a large gredients, except salt and pepper. Cook pan of cold water. Plunge them up slowly until meat is tender, about 21/2 and down to remove the sand, then hours. When done add salt and pep- of a teaspoonful of salt and one-half boiling hot over all. Strain and bot- fire, add one teaspoonful of vanilla avowed aspirant, "but I gave it a fair and down to remove the sand, then hours. When done and sart and per of a trasposition of a cupful of well washed rice into a life. Use a tablespoonful on a glass of portly cool mark in squares.

The leaves out into a second pan per and thicken; boil five minutes and double holler. Cook until the milk has been done and sart and per of a trasposition of a cupful of well washed rice into a double holler. Cook until the milk has been done and sart and per of a trasposition of a cupful of well washed rice into a double holler. Cook until the milk has been done and sart and per of a trasposition of a cupful of well washed rice into a double holler. Cook until the milk has been done and sart and per of a trasposition of a cupful of well washed rice into a double holler. The cook until the milk has been done and sart and per of a trasposition of a cupful of well washed rice into a second pan portly cool mark in squares. of water. Do not attempt to drain serve.

teaspoonfuls of baking powder, one tea- one pint. Soak one box of gelatine in three pounds of green coffee are the a percolator and simmered in one pint the water off, as that leaves the sedi-spoonful of salt with one quari of ment which has sunk to the bottom. flour, then rub into this until it resem- juice of four lemons, one and one-half over, gives the slight caramel taste boil at any time. When cool, cork up Rinse yet a third time and cook in a bles fine meal, three tablespoonfuls of cups of sugar, stir until gelatine is which tourists remember to have en- in a bottle or can. Two tablespoonfuls little boiling salted water for fifteen or butter; then add just enough milk to dissolved, then add one pint more of joyed no where but in France. twenty minutes. Drain off, cover with make a soft dough, divide into two hot water, enough green vegetable cold water and when cold drain again. parts, roll out on a floured board so as coloring to tint, pour in a border mold A very enjoyable entertainment is a Put the leaves into a chopping bowl to fit a well-buttered, oblong pan; and set on ice until firm. When ready corn popping. One was given recently and cut fine. Have ready in a frying place one piece in pan, spread gen- to serve, unmold by dipping an instant by two resourceful girls to their club. pan a tablespoonful of hot butter, add erously with butter, lay other on top in hot water; garnish with whites of For the invitations they made folders the spinach, season with salt, and pep- and bake in moderate oven; when done eggs cut into eighths; sprigs of mint of dark brown paper, on the inner per. Heat thoroughly and serve on a split apart, spread with quartered fruit, in the center. dust with powdered sugar, put other layer on top, cover with fruit, over this spread a meringue; brown delicately

Enameled ware that has become utes, strain and add enough more boil- on top.

in the oven; garnish with fruit and

one pint of cold water until softened,

SALPICON OF FRUIT.-The present fad for serving frozen foods is to use champagne glasses. A delicious Salpicon is made by cutting all kinds of fresh fruits into small pieces, sprink-Mint Jelly .- A dainty addition to the ling with lemon juice and sugar, then meat course. Boil twelve sprigs of heaping into glasses and placing a crumbs on the bottom: wet this with mint in one pint of water for five min- spoonful of frozen water-ice or cream some of the oyster liquor and a little

the large Spanish chestnuts until ten- grated rind, and lastly one-half pint nearly full; pour in carefully a cup der. Make a cream sauce of milk or cream, seasoned with butter, salt and pepper and slightly thickened, and pour over the chestnuts. Serve as a vegetable. These are delicious. The smaller chestnuts may be served in Green vegetables can be kept fresh the same way.

Almond Salad .- Chop and stone six olives. Add a half cup blanched almonds, chopped, also a half cup of tender celery cut fine. Mix with salad dressing and serve on lettuce leaves. Nut and Cheese Sandwiches .- Mix the rolled peanuts with an equal part of grated cheese and spread.

Peanut Biscuit.-Mix together dry one quart flour, three teaspoonfuls baking powder, one-half cupful peanuts, chopped, and a little salt. Add onefourth cupful melted butter, rubbing it well with the figur, and sufficient sweet milk to roll out with as little kneading as possible. Bake in quick

LITTLE MR. LITTLE.

Little Mr. Little is a timid little man, Whose little life is ordered on a very modest plan,

He owns a little cottage, he runs a little shop, He hasn't any hankering to clamber

To clean a chiffon blouse cover the to the top, He makes a little profit on the goods he has to sell, And when he seeks his little bel he

sleeps exceeding well.

gets a seat.

Little Mr. Little is a man you'd never

His hat is five and something, and he wears a rusty coat, The trolley rush upsets him, he never

And half the leading men in town have trodden on his feet, But little children love him, though his clothes are out of style, And dogs run out to meet him, and wag

their tails and smile. Of learning he has nothing, of talent not a spark.

He doesn't own one quality commanding of remark. Two pounds round steak, two level With mind too small for envy or pride or guile or greed,

> every block are scores, all outdoors.

-Newark (N. J.) News.

IMPERIAL RICE.

double boiler. Cook until the milk has lemon ice.

third of a box of gelatine soaked in a teaspoonful of finely chopped walcold water and dissolved over heat, nuts. Place over the oysters a laver When the mixture is cold and begin- of button mushrooms, and dot with ning to thicken, add one-half of a cup- small pieces of butter; continue the Creamed Chestnuts.-Boll or steam ful of orange juice with a little of the layers alternating, until the dish is of cream whipped to a stiff froth. Turn of rich cream, and cover the top with into a wetted mold and set away in thin slices of buttered toast, arranga cool place until ready to use.

HEALTH AND BEAUTY.

Tight clothes and indigestion cause

A hot bath taken at night affords piece with a little tomato catsup. refreshing sleep.

Sleen with the window well open and you will awake brisk.

High-heeled boots are known to ause spinal complaints.

The yolk of an egg broken up in

rosewater is a trusty shampoo.

proportions whitens the hands.

of an egg do not blister the skin.

Apply arnica to a bruise if the skin add a teaspoonful of melted butter, is unbroken. If broken wash the bruise and stir it well, adding by degrees a and apply vaseline. Sprains should be treated as quickly

as possible with hot water, after which the part affected should be rubbed with liniment.

A hot bath up to the neck may save the life of a child in convulsions if given at once. If you have no thermometer at hand, test the heat of the water with the elbow.

relieved by painting the gums with a butter, a tablespoonful of chopped spoon of butter. When cool, form into solution of one-half glycerin and one onion, and a little minced bacon in a little cakes and put on buttered pana. of cloves. If there is a cavity in the frying-pan and fry a delicate brown; tooth, saturate a small piece of absorb- add to the tripe and oysters, a teaent cotton in oil of cloves, tincture of spoonful of chopped parsley, and seamyrrh or laudanum and place in the son with salt, pepper and powdered

of water, one gill of milk, half pound bread crumbs. cup of good green tea, well steamed, For little Mr. Little's heart is big as and a tablespoonful of chartreuse. Cut Boil slowly together one pound of changed the children look since I last the yellow part of the lemon in thin brown sugar, one-half cupful of mo- saw them! Are you quite sure they slices. Let these parings and half lasses, one-fourth of a pound of grated are the right ones?-Filegende Blaetter grated nutmeg infuse for twenty-four chocolate, one-half cupful of cream and Put three cupfuls of milk, one-fourth gether, pouring the milk and water like thick molasses. Take from the know," "That's all right," replied the

Secrets of Coffee Making

great perturbation in the cook's coffee roasting religiously, believing domain. The mistress was hastily that in no other way could they progotten to bring the cream for coffee, we accept the word of a grocer of our the dilemma, for it was Sunday and shops were closed. Though mine

still equal to domestic emergencies. sweet, vanilla flavored. This was a beaten into some skimmed milk left over from breakfast, and the coffee set before the guests. "Delicious!" everyone declared. "Tell me." I said, when drinking coffee at a cheap restaurant. I caught her alone, "Does Mazie flavor her coffee with vanilla? I thought I detected the faintest perceptible flavor." Then the Doctor laughingly confessed. "A great improvement any- factory blends. But one may choose way," was the honest verdict. Later a pleasing blend and still fall to make s experiment has disclosed the fact that a palatable beverage. White of egg one-fourth of a teaspoonful of medium- (yolk should never be used), clears strength vanilla, added the last thing coffee the best of anything, but too before serving, to enough coffee for much of it spoils the flavor. The part four persons, improves it fifty per cent. of the egg that is usually wasted, con-The secret of perfection is to use tains enough of the white to clear enough vaniila to cover the strong cof- quite a quantity of coffee. I refer to fee flavor, yet not enough to be de- the white lining of the shell, which

been my secret for a certain delicate always clings. It is positively unflavor that everyone likes, but I did not cleanly to boil the egg shell in the & know until recently, that I had in some coffee, as many cooks do, but the linmysterious way, stumbled upon the ing is both clean and adequate. It modus operandi which has made the may be used just as well when dried, coffee of Norway "Superb." In that and it takes but a moment to strip country the coffee is roasted fresh ev- them from the shells on baking day, ery morning in a covered shovel kept and set away in a dish for future use. in constant motion over the fire. A bit Thick, sweet cream, slightly beaten, of salted butter added after the roast- is an indispensable accessory to good ing process is begun, gives it an inde- coffee; but when not at hand, the white scribable flavor as delightful as it is of an egg, beaten stiff, and added to subtle. The French, too, have made milk, makes a fair substitute. Elderly housekeepers declare the a healthful and quickly prepared drink.

Oysters

MUSHROOMS.

with fried parsley.

bread, with blanched celery.

INDIVIDUAL OYSTER PIES.

CUBAN CROQUETTES.

OYSTER TRIPE LYONNAISE.

CHOCOLATE CARAMELS.

with Cayenne.

To a cupful of cold boiled hominy,

These delicious little pies are made

By a lucky slip of memory we discov- | morning beverage of inferior quality ered a valuable secret. There was since the regime of factory roasting. summoned. The milk vender had for- vide genuine, healthful coffee. But if For once the 'phone failed to dispel acquaintance, danger menaced the household even then. During the years when green coffee predominated in rehostess was a professional woman with tail trade, a certain new brand of more twenty-five years of active public life vivid color than ordinary, aroused his to her credit, events proved her to be suspicion. He washed five pounds of it in several waters, and was rewarded Investigation of the larder brought to with half a cupful of Paris green sedilight a dish of melted ice cream, still ment. Doubtless the cheaper grades are still colored to obtain entrance to

the wholesale houses, which condition

may account for the peculiar "shak-

ing" sensation often experienced after

As to the blend of coffee, every individual has his choice, and in these days it is not difficult to find his taste anticipated in one of the numerous may easily be stripped out while yet A pinch of salt in coffee has long moist, and to which some of the white

their reputation for excellent coffee by | Coffee essence that will be found very using butter while roasting it. A piece useful in traveling or camping out, proportions used. This is said to bring of water, poured over boiling hot, Aladd the one pint of hot mint water, out both flavor and aroma, and, more- low to filter about twenty minutes, not to a breakfast cup of hot milk, makes

THE UGLY WORD. When a lovely lassie tells you,

And you're sitting by her side, That a man has never kissed her, Though a dozen men have tried, Though you doubt it, be not hasty. SCALLOPED OYSTERS WITH

Do not qualify the lassie Have ready a pint bowl of fine By that short and ugly word. cracker-crumbs. Butter a deep baking dish; put a layer of cracker- When a lovely lassic whispers

That she'll never, never wed; That she's planned to dwell with mother

Let your answer be deferred:

onion juice; next arrange a layer of And to care for her instead, oysters sprinkled with salt, pepper and Hold your tongue, O doubting brother, Many times that tale you've heard; Just remember she's a lady-Kill that short and ugly word.

When that self-same lassie murmurs That a secret she will keep. That she'll tell no living person-In her heart 'twill ever sleep, Don't believe her-do not tell her, ing fingers of toast around the edge Treat her statement as absurd; as a border. Bake in a hot oven for Simply smile, but do not utter fifteen minutes, and serve garnished

MUTTON TASTIES WITH OYSTERS. When a pretty lassie tells you She can cook, although you know Lay rather thick slices of cold mutton in a baking pan, spreading each That her mother's in the kitchen, With her arms deep in the dough, Place on each slice three large, plump Doubting brother, be not tactless, oysters, dust with pepper and salt, and Though the thought may have ocplace in a hot oven until the oysters

That one short and ugly word.

curred; begin to curl; serve squares of fried Though you'd like to, still you mustn't Speak that short and ugly word, -Detroit Free Press.

FRIED CREAM.

so that one may be served as a portion. Place six oysters in a small One pint of milk, a good half cup of earthen-ware dish, adding a hard boil-Glycerin and lemon juice in equal ed egg sliced; season with a little pow- sugar, butter the size of an egg, yolks dered mace, sait and pepper and pour of two eggs, two heaping tablespoons over a tablespoonful of cream. Pre- of cornstarch and one of flour, stick Mustard plasters made with white pare some rich short-cake dough, roll of cinnamon bark, and a teaspoonful out not too thin and cover each dish with an upper crust; bake ten minutes of vanilla, and one of sherry wine. Put When a cut will not heal, saturate in a quick oven, and serve in the in- the cinnamon bark into the milk; when a piece of absorbent cotton with coal dividual dishes garnished with parsley. It holls add the sugar, cornstarch and flour, which have all been rubbed smoothly together in a little extra milk. Let it cook fully two minutes, then take from the fire, stir in the beaten yolks, and return to the fire to cupful of milk, till all is made into a soft, light paste; add a pinch of salt, set; then remove the cinnamon bark, one well beaten egg, a little celery salt stir in the butter, vanilla and sherry and a pint of chopped oysters; shape wine. Then pour it on a platter to into oval balls with floured hands, dip cool. When cold and firm cut in in beaten egg, then roll in cracker squares, roll in flour, then carefully in crumbs, and fry in hot fat. Serve on egg, then in fine cracker crumbs. Fry toasted pilot biscult, lightly dusted in deep lard.

COCOANUT CARAMELS.

One pound of sugar, one cup of grat-Cut up half a pound of cold bolled tripe into squares, and add a plnt of ed cocoanut and one-half cup of rich small stewing oysters that have been cream; cook slowly until thick, flavor Certain kinds of toothache can be carefully drained. Put two ounces of with lemon extract and add a table-

BROWN BREAD ICE CREAM,

Make a good vanilla ice cream; add to mace; then place them in the pan with the partly frozen cream, a pint of finethe orion and bacon. Stir constantly ly grated Boston brown bread crumbs; to prevent burning, until the oysters finish freezing and let it stand for four One pint of Jamaica rum, one gill begin to curl; serve in small paper or five hours before using—the longer cases covering the tops with browned the better.

Madame (to the nursemaid, who has just brought home her four children from a walk)-Dear me, Anna, how

hours in the rum, then mix all to- one tablespoonful of butter until it is "The office should seek the man, you